

SAFSA SECTION REQUIREMENTS ADULT SINGLES

SEASON: 2026-2027

COMPETITIVE ADULT SINGLE SKATING GENERAL INFORMATION

1.1 Governance & Compliance

- All events are governed by current ISU Special Regulations and SAFSA rules.
- Coaches and officials must track ISU Communications, which supersede this document in the event of mid-season updates or conflicts.

1.2 Competition Segments & Scoring

- Events consist of a Short Program (SP) and Free Skating (FS).
- Scoring uses the ISU Judging System (IJS).

1.3 Clothing & Equipment

- Attire must be modest and athletic.
- Props and excessive nudity are prohibited.
- Costume violations or parts falling on the ice incur deductions.

1.4 Music Requirements

- Vocal and instrumental music are permitted.
- Digital music must be submitted prior to the deadline, and a backup copy must be kept rink-side.

1.5 Conduct & Safety

- Rink-side coaching or prompting during a performance is prohibited.
- Headphones or earbuds are banned on the ice during official practices and events.

A. COMPETITIVE ADULT TECHNICAL

SECTION: INTRODUCTORY TECHNICAL

Age requirement	Have reached the age of 28 on 1st July
Music Length	1:40 +/-10sec
Maximum Levels	Base
Factor Prog Comp	1.67
Program Deductions	a) Interruption For every Interruption of: • more than 10 seconds up to 20 seconds: -0.5 • more than 20 seconds up to 30 seconds: -1.0 • more than 30 seconds up to 40 seconds: -1.5 Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: -2.5 per program b) Program time violation up to every 5 seconds lacking or in excess -0.5 c) Part of the costume/decoration falls on the ice -0.5 d) Costume/prop violation -0.5 e) Late start -0.5 f) Falls* • per fall outside elements (one Skater only – Single and Pair Skating) -0.5 • per fall outside elements (both Skaters – Pair Skating) -1.0 • falls in elements will be called by the Technical Panel but with no deduction(s).
Skills Level	None required
Jump Elements	* 5 jump elements * 1 Must be an axel type jump (Waltz jump is acceptable) * Max 2 combos/ 1 seq and 1 combo (Seq must have axel type jump) * No rule on repetitions (Same jump may be repeated) * No 3 jump combinations
Spin Elements	* 2 Spins No rule on repetition. The same spin may be repeated.
Sequence Element	*1 choreo step sequence * 1 free skating movement *Must cover at least ½ the ice surface) Just confirmed, no level
Other	

SECTION: BRONZE TECHNICAL

Age requirement	Have reached the age of 28 on 1st July
Music Length	1:40 +/-10sec
Maximum Levels	Level 1
Factor Prog Comp	2.0
Program Deductions	Bronze-Specific Technical Deductions (Element Violations) ● Prohibited Elements (Axels, Doubles, and Triples): -2.0 points. ○ In the Bronze category, skaters are restricted to basic single jumps. Axel-type jumps, double jumps, and triple jumps are strictly prohibited. If executed, they are flagged as an "Illegal Element," receive the -2.0 deduction, and are given "No Level" (zero points). ● Exceeding Maximum Elements: -1.0 point. ○ If a skater executes more technical elements than permitted for the Bronze level (for example, attempting a 5th jump element when only 4 are allowed, or a 3rd jump combination), the extra element is called an "Illegal Element" by the Referee, resulting in a flat -1.0 deduction. The element itself will receive no value. ● Missing Required Element: -1.0 point. ○ If a skater's program fails to include the minimum required technical elements, the Referee will apply a -1.0 deduction for a "missing element," which is also listed as an illegal element on the protocol. General Adult Deductions (Applies to Bronze) ● Falls: -0.5 per fall out of element ● Illegal Movements (Lying/Kneeling): -2.0 points for prolonged or stationary kneeling on both knees, or lying flat on the ice. ● Time Violation: -1.0 point for every 5 seconds lacking or in excess of the designated program time limit. ● Costume/Prop Violations: -1.0 point for clothing that is not modest or athletic (e.g., garish, overly theatrical, or giving the effect of excessive nudity). Props are strictly forbidden. ● Costume Failure: -1.0 point if part of the costume or hair decoration falls onto the ice. ● Late Start: -1.0 point if the skater starts 1 to 30 seconds late after being called. ● Program Interruptions: ○ 11 to 20 seconds: -0.5 point ○ 21 to 30 seconds: -1.0 point ○ 31 to 40 seconds: -1.5 points ○ Interruption with Allowance (up to 3 minutes for injury/equipment): -2.5 points
Skills Level	Maximum Skills 1
Jump Elements	● A maximum of four (4) jump elements, consisting only of single jumps. Axel type jumps, double jumps and triple jumps are not permitted. There may be one (1) jump combination in the free program. ● The jump combination may consist of two (2) listed jumps.

	● Each listed jump may be performed a maximum of two (2) times. ● Waltz jumps will be ignored.
Spin Elements	● A maximum of two (2) spins of a different abbreviation, both of which must be a spin in one position with or without a change of foot. Flying spins are not permitted. ● The spins must have a required minimum number of revolutions: three (3) for any spin with no ● change of foot, and six (6) with a change of foot. ● A spin that has no basic position with 2 revolutions will receive no value. ● All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
Sequence Element	● A maximum of one (1) choreographic sequence utilizing at least half (1/2) of the ice surface. ● The pattern is not restricted but the sequence must be clearly visible. ● A choreographic sequence has a base value and will be evaluated by the judges in GOE only. ● A Choreographic Sequence consists of at least two (2) different skating movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading and unlisted jumps.

SECTION: SILVER TECHNICAL

Age requirement	Have reached the age of 28 on 1st July
Music Length	2min +/- 10sec
Maximum Levels	Level 2
Factor Prog Comp	2.0
Program Deductions	Silver-Specific Technical Deductions (Element Violations) ● Prohibited Elements (Double/Triple Jumps): -2.0 points. ○ In the Silver category, skaters are permitted to perform single jumps <i>including the single Axel</i>. However, double and triple jumps are strictly prohibited. If attempted, they are flagged as an illegal element, receive a -2.0 deduction, and are given "No Level" (zero base value). Ice Skating Australia ● Exceeding Maximum Elements: -1.0 point. ○ Executing more technical elements than allowed for the Silver level (e.g., performing a 5th jump element when only 4 are permitted) results in a flat -1.0 deduction, and the extra element receives no value. ● Missing Required Element: -1.0 point. ○ Applied by the Referee if the program fails to include the minimum required technical elements for the Silver framework. General Adult Deductions (Applies to Silver) ● Falls: -0.5 point per fall out of element ● Illegal Movements: -2.0 points per execution (plus the element is downgraded/receives no level). This includes: ○ Somersault-type jumps ○ Lying flat on the ice. ○ Prolonged and/or stationary kneeling on both knees on the ice. ● Time Violation: -1.0 point for every 5 seconds under or over the designated program duration. ● Costume / Make-up / Prop Violations: -1.0 point per program. Costumes must be modest and athletic (garish/theatrical designs or excessive nudity are penalized). Props are strictly forbidden. ● Costume Failure: -1.0 point if any part of the costume or hair decoration falls onto the ice. ● Late Start: -1.0 point if the skater takes longer than 30 seconds to take their starting position after being called. ● Program Interruptions: ○ 11 to 20 seconds: -0.5 point ○ 21 to 30 seconds: -1.0 point ○ 31 to 40 seconds: -1.5 points ○ Interruption with Allowance (up to 3 minutes to resume for injury/equipment): -2.5 points
Skills Level	Minimum Skills 1, Maximum Skills 2
Jump Elements	● A maximum of four (4) jump elements, consisting of any single jumps (including the single Axel). Double jumps and triple jumps are not permitted.

	● There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. ● One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps. ● A jump sequence consists of two (2) or three (3) jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel jump. ● Each listed jump may be performed a maximum of two (2) times.
Spin Elements	● A maximum of two (2) spins of a different abbreviation, one of which must be a spin in one position with or without a change of foot. ● The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and six (6) for any spin with a change of foot. ● A spin that has no basic position with 2 revolutions will receive no value. ● Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions. ● All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
Sequence Element	● A maximum of one (1) choreographic sequence, fully utilizing the ice surface ● The pattern is not restricted but the sequence must be clearly visible. ● A choreographic sequence has a base value and will be evaluated by the judges in GOE only. ● A Choreographic Sequence consists of at least two (2) different skating movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading and unlisted jumps.

SECTION: GOLD TECHNICAL

Age requirement	Have reached the age of 28 by 1st July
Music Length	2:50 +/-10sec
Maximum Levels	Level 3
Factor Prog Comp	2.67
Program Deductions	Gold-Specific Technical Deductions (Element Violations) ● Prohibited Elements (Restricted Jumps): -2.0 points. ○ In the Adult Gold category, skaters are permitted to perform all single jumps (including the single Axel) and lower-level double jumps (such as the double toe loop, double salchow, double loop, etc.). However, double flip, double Lutz, double Axel, and all triple jumps are strictly prohibited. If attempted, they are flagged as an illegal element, receive a -2.0 deduction, and are given "No Level" (zero points). ● Exceeding Maximum Elements: -1.0 point. ○ Executing more technical elements than allowed for the Gold level (e.g., performing a 6th jump element when only a maximum of 5 are permitted) results in a flat -1.0 deduction, and the extra element receives no value. ● Missing Required Element: -1.0 point. ○ Applied by the Referee if the program fails to include the minimum required technical elements for the Gold framework. General Adult Deductions (Applies to Gold) ● Falls: -1.0 point per fall (flat rate; does not scale up for multiple falls). ● Illegal Movements: -2.0 points per execution (plus the element is downgraded/receives no level). This includes: ○ Somersault-type jumps. ○ Lying flat on the ice. ○ Prolonged and/or stationary kneeling on both knees on the ice. ● Time Violation: -1.0 point for every 5 seconds under or over the designated program duration. ● Costume / Make-up / Prop Violations: -1.0 point per program. Costumes must be modest and athletic (garish/theatrical designs or excessive nudity are penalized). Props are strictly forbidden. ● Costume Failure: -1.0 point if any part of the costume or hair decoration falls onto the ice. ● Late Start: -1.0 point if the skater takes longer than 30 seconds to take their starting position after being called. ● Program Interruptions: ○ 11 to 20 seconds: -0.5 point ○ 21 to 30 seconds: -1.0 point ○ 31 to 40 seconds: -1.5 points ○ Interruption with Allowance (up to 3 minutes to resume for injury/equipment): -2.5 points
Skills Level	Minimum Skills 2, Maximum Skills 3

Jump Elements	● A maximum of five (5) jump elements, consisting of single jumps (including the single Axel) or double jumps. Double flip, double Lutz, double Axel and triple jumps are not permitted. ● There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence in the free program. ● One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps. ● A jump sequence consists of two (2) or three (3) listed jumps of any number of revolutions, in which the second and/or the third listed jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel jump. ● Each listed jump may be performed a maximum of two (2) times.
Spin Elements	● A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance with no change of foot. Third spin should be a choreographic spin ● The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and eight (8) for any spin with a change of foot. ● A spin that has no basic position with 2 revolutions will receive no value. ● Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions. ● All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
Sequence Element	A maximum of one (1) step sequence, fully utilizing the ice surface.

SECTION: MASTERS TECHNICAL

Age requirement	Have reached the age of 28 by 1st July
Music Length	3min +/-10sec
Maximum Levels	Level 4
Factor Prog Comp	2.67
Program Deductions	Masters-Specific Technical Deductions (Element Violations) ● Prohibited Elements (Restricted Jumps): -2.0 points. ○ In the standard Adult Masters category, skaters are permitted to perform single and double jumps (including the single Axel). However, triple and quadruple jumps are strictly prohibited (note: triple jumps <i>are permitted</i> only if competing in the separate <i>Masters Elite</i> track). If a prohibited jump is attempted, it is flagged as an illegal element, receives a -2.0 deduction, and is given "No Level" (zero points). ● Exceeding Maximum Elements: -1.0 point. ○ Executing more technical elements than allowed for the Masters level (e.g., performing a 7th jump element when only a maximum of 6 are permitted) results in a flat -1.0 deduction, and the extra element receives no value. ● Missing Required Element: -1.0 point. ○ Applied by the Referee if the program fails to include the minimum required technical elements for the Masters framework. General Adult Deductions (Applies to Masters) ● Falls: -1.0 point per fall (flat rate; does not scale up for multiple falls). Voog ● Illegal Movements: -2.0 points per execution (plus the element is downgraded/receives no level). This includes: ○ Somersault-type jumps. ○ Lying flat on the ice. ○ Prolonged and/or stationary kneeling on both knees on the ice. ● Time Violation: -1.0 point for every 5 seconds under or over the designated program duration. ● Costume / Make-up / Prop Violations: -1.0 point per program. Costumes must be modest and athletic (garish/theatrical designs or excessive nudity are penalized). Props are strictly forbidden. ● Costume Failure: -1.0 point if any part of the costume or hair decoration falls onto the ice. ● Late Start: -1.0 point if the skater takes longer than 30 seconds to take their starting position after being called. ● Program Interruptions: ○ 11 to 20 seconds: -0.5 point ○ 21 to 30 seconds: -1.0 point ○ 31 to 40 seconds: -1.5 points ○ Interruption with Allowance (up to 3 minutes to resume for injury/equipment): -2.5 points
Skills Level	Minimum Skills 2, no Maximum

Jump Elements	● A maximum of five (5) jump elements, one of which must be an Axel type jump. Single and double jumps are permitted. No triple or quadruple jumps are allowed. ● There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence in the free program. ● One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps. ● A jump sequence consists of two (2) or three (3) listed jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel jump. ● Each listed jump may be performed a maximum of two (2) times.
Spin Elements	● A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance with no change of foot. Third spin is a choreographic spin. ● The spins must have a required minimum number of revolutions: five (5) for any spin with no change of foot, and eight (8) for any spin with a change of foot. ● A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin. ● Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions. ● All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
Sequence Element	A maximum of one (1) step sequence, fully utilizing the ice surface.

B. COMPETITIVE ADULT ARTISTIC

SECTION: ADULT ARTISTIC – INTRODUCTORY, BRONZE, SILVER, GOLD, MASTERS

Age requirement	Have reached the age of 28 by 1st July
Music Length	Masters: 2 minutes ($\pm$ 10 seconds). Gold, Silver & Bronze: 1 minute 30 seconds ($\pm$ 10 seconds).
Factor Prog Comp	The points for each Program Component are multiplied by the following factors: ● Composition – 1.0 ● Presentation – 1.2 ● Skating skills – 1.0
Program Deductions	Element Violations & Penalties: ● Exceeding Maximum Elements: -1.0 point deduction (judged as an illegal element by the Referee). ● Missing Required Elements: -1.0 point deduction (listed as an illegal element on the protocol by the Referee). Clothing, Appearance & Safety: ● Must be modest, dignified, athletic, and appropriate for competition (may reflect music character). No excessive nudity. ● Theatrical Penalty (-1.0): Not a theatre-on-ice/showcase event; theatrical costumes and make-up are penalized. ● Props Penalty (-1.0): Props and accessories are strictly prohibited. Anything held in the hand or intentionally removed during the performance (e.g., taking off a hat) counts as a prop. Objects on the ice, audience, boards, or judges' table are banned. ● Costume Debris Penalty (-1.0): Feathers, boas, excessive beading, or detachable decorations that fall on the ice incur a deduction. Decorations must be non-detachable. ● <i>(Note: The -1.0 clothing/prop/accessory deductions are determined by a majority of the judges and the referee).</i> Illegal Elements: ● Somersault-type jumps. ● Lying on the ice, or prolonged and/or stationary kneeling on both knees.
Skills Level	Adult Introductory: No skills Adult Bronze: Maximum Skills 1 Adult Silver: Minimum Skills 1, Maximum Skills 2 Adult Gold: Minimum Skills 2, Maximum Skills 3 Adult Masters: Minimum Skills 2, no max
ISU Selection	
Jump Elements	Jumps: 1 to 2 single jumps required. <i>(Note: A Waltz jump does not count as a listed single jump).</i> Prohibited Jump Elements: ● No combination jumps allowed. ● No double or triple jumps allowed at <i>any</i> level. ● Axels: Prohibited for Bronze, Silver, and Gold; permitted for Masters and Masters Elite
Spin Elements	*Spins: 1 to 2 spins required.
Sequence Element	N/A

SAFSA SECTION REQUIREMENTS ADULT SOLO DANCE

SEASON: 2026-2027

ADULT SOLO ICE DANCE GENERAL INFORMATION

1.1 Male and female skaters compete together in the same category.

1.2 All sections consist of 2 Segments to be skated – 2 Pattern Dances and 1 Free Dance or 1 Rhythm Dance and 1 Free Dance, the Pattern Dances or Rhythm Dance must be skated before the Free Dance.

1.3 All Pattern Dances will be skated in the order listed and must be performed with the first sequence executed in front of the judges' stand.

1.4 Skaters shall provide their own music for all Pattern Dances. Tunes 1-5 of the ISU Ice Dance music may also be chosen. Each skater's music for the official practice will be played for both Pattern Dances.

1.5 For events with 2 Pattern Dances: The total score for each PD will be multiplied by a factor of 0.5 in Basic Novice, 0.75 in Intermediate Novice and 1.0 in Advanced Novice.

1.6 Refer to ISU Solo Ice Dance Competition Guidelines for all Key Point information.

1.7 Costumes must be modest and dignified, not garish or theatrical, but must reflect the character of the chosen music, trousers of any length may be worn, accessories and props are not permitted.

SECTION: ADULT INTRODUCTORY SOLO DANCE

Age requirement	Has reached the age of 28 by the 1 st July
Skills Level and Pattern Test	No Skills Level or Pattern test
Maximum Levels	Pattern Dances Level 2 Free Dance Level 1
Factor Prog Comp	Pattern Dances 0.70 Free Dance 1.00
Program Deductions	Half of the normal deductions from ISU Junior and Senior
Pattern Dances	1. Willow Waltz – 2 sequences (track 6 European waltz warmup) 2. Tango Fiesta – 2 sequences (track 6 Tango warmup) Skater must reach the final pose within 20secs of the last step of the dance
Free Dance Music Length	1min 30secs +- 10secs
Free Dance Elements	1. One Short Edge Element - min 3 max 8 secs long 2. One Dance Spin – with or without change of foot 3. One Choreographic Character Step Seq - starting with a stop or skidding movement 4. One set of Sequential Twizzles – up to 2 steps in between
Illegal Elements	1. Touching the ice with hand(s) where not permitted 2. Flying spins or flying entries 3. Toe assisted jumps where the thighs are split more than 90 degrees 4. Illusions of more than one rotation 5. Jumps of more than ½ rotation 6. 2 or more consecutive ½ rotation jumps 7. Lying or sitting on the ice except where permitted
Other	For 2026/27 season 1 retrogression or loop is permitted in the Character step sequence

SECTION: ADULT BRONZE SOLO DANCE

Age requirement	Has reached the age of 28 by the 1 st July
Skills Level and Pattern Test	Skills Level 1 No Pattern test
Maximum Levels	Pattern Dances Level 2 Free Dance Level 1
Factor Prog Comp	Pattern Dances 0.70 Free Dance 1.00
Program Deductions	Half of the normal deductions from ISU Junior and Senior
Pattern Dances	1. Willow Waltz – 2 sequences (track 6 European waltz warmup) 2. Tango Fiesta – 2 sequences (track 6 Tango warmup) Skater must reach the final pose within 20secs of the last step of the dance
Free Dance Music Length	1min 30secs +/- 10secs
Free Dance Elements	1. One Short Edge Element - min 3 max 8 secs long 2. One Dance Spin – with or without change of foot 3. One Choreographic Character Step Seq - starting with a stop or skidding movement 4. One set of Sequential Twizzles – up to 2 steps in between
Illegal Elements	1. Touching the ice with hand(s) where not permitted 2. Flying spins or flying entries 3. Toe assisted jumps where the thighs are split more than 90 degrees 4. Illusions of more than one rotation 5. Jumps of more than ½ rotation 6. 2 or more consecutive ½ rotation jumps 7. Lying or sitting on the ice except where permitted
Other	For 2026/27 season 1 retrogression or loop is permitted in the Character step sequence

SECTION: ADULT SILVER SOLO DANCE

Age requirement	Has reached the age of 28 by the 1 st July
Skills Level and Pattern Test	Minimum Skills Level 1, Maximum Skills Level 2 No Pattern test
Maximum Levels	Pattern Dances Level 3 Free Dance Level 2
Factor Prog Comp	Pattern Dances 0.70 Free Dance 1.00
Program Deductions	Half of the normal deductions from Junior and Senior
Pattern Dances	1. Foxtrot – 2 sequences (track 6 Foxtrot warmup) 2. American Waltz - 2 sequences (track 6 American Waltz warmup) Skater must reach the final pose within 20secs of the last step of the dance
Free Dance Music Length	1min 50secs +/- 10 secs
Free Dance Elements	1. One Short Edge Element - min 3 max 8 secs long 2. One Dance Spin – with or without change of foot 3. One Choreographic character Step Seq - starting with a stop or skidding movement 4. One set of Sequential Twizzles – up to 2 steps in between 5. Choreographic Element – chose between a. Sliding Movement b. Spinning Movement c. Twizzling Movement
Illegal Elements	1. Touching the ice with hand(s) where not permitted 2. Flying spins or flying entries 3. Toe assisted jumps where the thighs are split more than 90 degrees 4. Illusions of more than one rotation 5. Jumps of more than ½ rotation 6. 2 or more consecutive ½ rotation jumps 7. Lying or sitting on the ice except where permitted
Additional Information	For 2026/27 season 1 retrogression or loop is permitted in the Character step sequence

SECTION: ADULT GOLD SOLO DANCE

Age requirement	Has reached the age of 28 by 1 st July
Skills Level and Pattern Tests	Minimum Skills Level 2, Maximum Skills Level 3 Pewter Pattern test
Maximum Levels	Pattern Dances Level 4 Free Dance Level 3
Factor Prog Comp	Pattern Dances 0.93 Free Dance 1.33
Program Deductions	Half of the normal deductions from Junior and Senior
Pattern Dances	1. Paso Doble – 2 sequences and 1 Choreographic Exit Element from the following: a. Sliding Movement b. Twizzling Movement c. Spinning Movement The Choreographic element chosen must come after the last step of the dance and may not be repeated in the Free Dance 2. Blues – 2 Sequences (track 6 Blues warmup)
Free Dance Music Length	2mins 20secs +/-10 secs Must have at least 1 change of tempo/rhythm and expression
Free Dance Elements	1. One Short Edge Element - min 3 max 8 secs long 2. One Dance Spin – with or without change of foot 3. One Style B Step sequence - midline, diagonal or circular (stops, loops and retrogressions are not permitted) 4. One set of Sequential Twizzles – up to 2 steps in between 5. Choreographic Elements – 2 chosen from: - Choreographic Character Step (one retrogression or loop is permitted) - Choreographic Sliding Movement - Choreographic Spinning Movement - Choreographic Twizzling Movement
Illegal Elements	1. Touching the ice with hand(s) in the Choreographic step seq 2. Flying spins or flying entries 3. Toe assisted jumps where the thighs are split more than 90 degrees 4. Illusions of more than one rotation 5. Jumps of more than ½ rotation 6. 2 or more consecutive ½ rotation jumps 7. Lying or sitting on the ice except where permitted
Additional Information	Not permitted in Style B Step sequence: stops, loops, retrogression May not repeat the Choreographic element chosen as the exit to the Paso Doble in the FD

SECTION: ADULT MASTERS SOLO DANCE

Age requirement	Has reached the age of 28 by 1 st July
Skills Levels and Pattern tests	Minimum Skills Level 2, no Maximum Pewter Pattern test
Maximum Levels	RD and FD Level 4
Factor Prog Comp	Rhythm Dance 1.33 Free Dance 2.00
Program Deductions (as per Junior and Senior Solo Dance)	1. 1.0 per fall 2. 1.0 for every 5 secs lacking or excess 3. 2.0 for illegal elements 4. 1.0 Costume violation 5. 1.0 Part of costume/decoration falls on the ice 6. 1.0 Late start between 1 and 30 secs 7. 1.0 interruption of 10-20 secs, 2.0 interruption of 20-30 secs, 3.0 interruption of 30-40 secs 8. 1.0 Choreography restrictions 9. 1.0 per extra element 10. 2.0 Music requirements 11. 1.0 Tempo specifications
Rhythm Dance Theme & Music Requirements	Theme: 'Rhythm and Waltz Any style of Waltz and at least one additional rhythm, tempo and dance style that is different to the Waltz The Rhythm dance should not be skated in the style of a Free dance
RD Music Length	2mins 50secs +/- 10 secs
RD Elements	1. One Short Edge Element - min 3 max 8 secs long 2. One Step Sequence (Style B) – Midline or Diagonal ONLY 3. One set of Sequential Twizzles – up to 2 steps in between 4. One Sequence of Westminster Waltz evaluated as 2 sections: 1WW (Section 1) steps #1-12 immediately followed by 2WW (Section 2) steps # 13-22 The dance must be skated at the Judges left side, performed to waltz music with minimum of 54 three beat measures or 162 beats per minute
Free Dance Music Length	3mins +/- 10 secs Must have at least 1 change tempo/rhythm and expression
Free Dance Elements	1. One Combination Edge Element (Max 13 secs) OR 2 different types of Short Edge elements (Max 8 secs each) 2. One Dance Spin 3. One Step sequence (style B) – from the following: Serpentine, circular, midline or diagonal

	4. One – One Foot Turn sequence – must include the following: Rocker, Bracket, Counter, Twizzle (Single for level 1-2, Double for Level 1-4) 5. One Solo Twizzle series – at least 2 steps between 1st and 2nd but no more than 4 (the ‘C’ feature used in the RD cannot be repeated in the FD) 6. Two different Choreographic Elements selected from the following: - Choreographic Character Step (one retrogression or loop is permitted) - Choreographic Sliding Movement - Choreographic Spinning Movement - Choreographic Twizzling Movement (can only be performed after the required Twizzles)
Illegal Elements	1. Touching the ice with hand(s) in the Choreo step 2. Flying spins or flying entries 3. Toe assisted jumps where the thighs are split more than 90 degrees 4. Illusions of more than one rotation 5. Jumps of more than ½ rotation 6. 2 or more consecutive ½ rotation jumps 7. Lying or sitting on the ice except where permitted
Additional Information	In the RD: There is no pattern restriction. A skater cannot remain in one place for more than 5 secs at beginning or end of program. One full stop of no more than 5 secs is permitted during the program. This stop can occur during the Step sequence. Any stationary spinning movement is not considered a stop. In the RD & FD: Kneeling or sliding on 2 knees is not allowed and will be considered as a fall.

SAFSA SECTION REQUIREMENTS ADULTS COUPLES DANCE

SEASON: 2026-2027

ADULT COUPLES ICE DANCE GENERAL INFORMATION

1.1 All Pattern Dances will be skated in the order listed and must be performed with the first sequence executed in front of the judges' stand.

1.2 Couples shall provide their own music for all Pattern Dances. Tunes 1-5 of the ISU Ice Dance music may also be chosen. Each couple's music for the official practice will be played for both Pattern Dances.

1.3 For events with 2 Pattern Dances: The total score for each PD will be multiplied by a factor of 0.5 in all Adult Couples sections.

1.4 The Pattern Dances will be judged without Key Points (except Masters).

1.5 There will be no technical panel at the ISU IAFSC events.

1.6 After the completion of the last step of the Pattern Dance, the couple must reach their final pose within 20 seconds. If this time limit is exceeded, a program time deduction shall apply.

1.7 Costumes must be modest and dignified, not garish or theatrical, but must reflect the character of the chosen music, trousers of any length may be worn, accessories and props are not permitted.

1.8 Each fall by either partner shall receive a deduction of 0.5 points for Adult Bronze, Silver and Gold, 1.0 point for Masters.

SECTION: ADULT INTRODUCTORY COUPLES ICE DANCE

Age requirement	28 yrs and older
Skills Level	None
Pattern Test	None
Maximum Levels	Pattern Dances: No Keypoints, Level 2 Free Dance: Level 1
Factor Prog Comp	Pattern Dances: 1.17 Free Dance: 2.0
Program Deductions	Half of the normal deductions from ISU Junior and Senior
Pattern Dances	1. Tenfox – 3 sequences - (adjusted tempo option 96-102bpm) 2. Swing Dance – 2 sequences – (adjusted tempo option 94-102bpm) Couples must reach the final pose within 20secs of the last step of the dance.
Free Dance Music Length & Requirements	1min 50sec +/- 10secs Must have at least one change of tempo/rhythm and expression.
Free Dance Elements	1. One Short Lift, max 8 sec. with max level 1. 2. One Dance Spin – NO combination. Together in any hold, on one foot without change of foot by either partner 3. One Choreo Sequence which can be any step sequence , at least half the ice. No features will be counted.

SECTION: ADULT BRONZE COUPLES DANCE

Age requirement	28 yrs and older
Skills Level	Min Skills 1, Max Skills 1
Pattern Test	None
Maximum Levels	Pattern Dances: No Keypoints, Level 2 Free Dance: Level 1
Factor Prog Comp	Pattern Dances: 1.17 Free Dance: 2.0
Program Deductions	Half of the normal deductions from ISU Junior and Senior
Pattern Dances	1. Tenfox – 3 sequences - (adjusted tempo option 96-102bpm) 2. Swing Dance – 2 sequences – (adjusted tempo option 94-102bpm) Couples must reach the final pose within 20secs of the last step of the dance.
Free Dance Music Length & Requirements	1min 50sec +/- 10secs Must have at least one change of tempo/rhythm and expression.
Free Dance Elements	1. One Short Lift, max 8 sec. with max level 1. 2. One Dance Spin – NO combination. Together in any hold, on one foot without change of foot by either partner 3. One Choreo Sequence which can be any step sequence , at least half the ice. No features will be counted.

SECTION: ADULT SILVER COUPLES ICE DANCE

Age requirement	28 yrs and older
Skills Level	Min Skills 1, Max Skills 2
Pattern Test	None
Maximum Levels	Pattern Dances: No Keypoints, Level 3 Free Dance: Level 2
Factor Prog Comp	Pattern Dances: 1.17 Free Dance: 2.0
Program Deductions	Half of the normal deductions from ISU Junior and Senior
Pattern Dances	1. Foxtrot – 2 sequences - (adjusted tempo option 96-102bpm) 2. European Waltz – 2 sequences – (adjusted tempo option 129-138bpm) Couples must reach the final pose within 20secs of the last step of the dance.
Free Dance Music Length & Requirements	2min 30sec +/- 10secs Must have at least one change of tempo/rhythm and expression.
Free Dance Elements	1. One Short Lift, max 8 sec. with max level 2. 2. One Dance Spin: Together in any hold, on one foot, with or without change of foot by one or both partners. 3. One Step Sequence either Straight Line or Curve in HOLD (Style B). NOT permitted: Stops, Loops, Retrogressions, Hand in hand hold with fully extended arms, Separations of more than two arm lengths and/or exceeding 5 sec. 4. One set of Synchronized Twizzles: Between 2 and 4 steps between 1st & 2nd twizzles. Partners may be in contact between.

SECTION: ADULT GOLD COUPLES ICE DANCE

Age requirement	28 yrs and older
Skills Level	Min Skills 2, Max Skills 3
Pattern Test	Pewter
Maximum Levels	Pattern Dances: No Keypoints, Level 4 Free Dance: Level 3
Factor Prog Comp	Pattern Dances: 1.17 Free Dance: 2.0
Program Deductions	Half of the normal deductions from ISU Junior and Senior
Pattern Dances	1. Vienesse Waltz – 3 sequences - (adjusted tempo option 150-159 bpm) 2. Paso Doble – 2 sequences – (adjusted tempo option 108-114 bmp) Couples must reach the final pose within 20secs of the last step of the dance.
Free Dance Music Length & Requirements	3 min +/- 10secs Must have at least one change of tempo/rhythm and expression.
Free Dance Elements	1. Two Different Type Short Lifts, max 8 sec. OR One Combination Lift up to 13 sec. 2. One Dance Spin: Together in any hold, on one foot, with or without change of foot by one or both partners. 3. One Step Sequence either Straight Line or Curve in HOLD (Style B). NOT permitted: Stops, Loops, Retrogressions, Hand in hand hold with fully extended arms, Separations of more than two arm lengths and/or exceeding 5 sec. 4. One set of Synchronized Twizzles: Between 2 and 4 steps between 1st & 2nd twizzles. Partners may be in contact between.

SECTION: ADULT MASTERS COUPLES ICE DANCE

Age requirement	28 yrs and older
Skills Level	Min Skills 2, no Max
Pattern Test	Pewter
Maximum Levels	Rhythm Dance: Level 4 Free Dance: Level 4
Factor Prog Comp	Rhythm Dance: 1.33 Free Dance: 2.0
Program Deductions (as per Junior and Senior Solo Dance)	1. 1.0 per fall 2. 1.0 for every 5 secs lacking or excess 3. 2.0 for illegal elements 4. 1.0 Costume violation 5. 1.0 Part of costume/decoration falls on the ice 6. 1.0 Late start between 1 and 30 secs 7. 1.0 interruption of 10-20 secs, 2.0 interruption of 20-30 secs, 3.0 interruption of 30-40 secs 8. 1.0 Choreography restrictions 9. 1.0 per extra element 10. 2.0 Music requirements 11. 1.0 Tempo specification
Rhythm Dance Music Length & Requirements	2 min 50 sec +/- 10 sec Theme for 2026/27 season is “Rhythm and Waltz”. Any style of waltz is permitted, from traditional forms to modern interpretations. At least one additional rhythm must be included to support the chosen concept or theme.
Rhythm Dance Elements	1. Pattern Dance Element: One Sequence of Westminster Waltz evaluated as 2 sections: 1WW (Section 1) steps #1-12 immediately followed by 2WW (Section 2) steps # 13-22 The dance must be skated at the Judges left side, performed to waltz music with minimum of 159 bpm in ¾ time or 6/8 time. PATTERN is optional. HOLDS: Variation of Holds throughout, except Hand in Hand. TRACKING: between partners is optional. Key Point Features for Masters: Must include correct turns, edges, foot placement and timing in accordance with the beats per steps. 2. One Short Lift up to 8 seconds. 3. One set of Sequential Twizzles – up to 1 step in between, must NOT be in contact between Twizzles. 4. One Step Sequence Not Touching (Style B) to any rhythm / dance style.

	Midline or Diagonal ONLY No more than 2 arm lengths apart. Stops up to one for no more than 5 sec, must be not touching. NOT permitted: Loop(s) or Retrogression(s) (Temporary deviation allowed for entry OR exit, not both) Not allowed to touch the ice with any part of the body.
Free Dance Music Length & Requirements	3 min +/- 10secs Must have at least one change of tempo/rhythm and expression.
Free Dance Elements	1. Two Different Type Short Lifts, max 8 sec. OR One Combination Lift up to 13 sec. 2. One Dance Spin: Together in any hold, on one foot, with or without change of foot by one or both partners. 3. One Step Sequence either Straight Line or Curve in HOLD (Style B). NOT permitted: Stops, Loops, Retrogressions, Hand in hand hold with fully extended arms, Separations of more than two arm lengths and/or exceeding 5 sec. 4. One set of Synchronized Twizzles: Between 2 and 4 steps between 1st & 2nd twizzles. Partners may be in contact between.

SAFSA SECTION REQUIREMENTS ADULT PAIR SKATING

SEASON 2026-2027

SECTION: ADULT INTRODUCTORY PAIR SKATING

Age requirement	Have reached the age of 28 on 1st July
Music Length	Maximum 2mins 40secs, no Minimum
Maximum Levels	Base
Factor Prog Comp	1.67
Program Deductions	a) Interruption For every Interruption of: • more than 10 seconds up to 20 seconds: -0.5 • more than 20 seconds up to 30 seconds: -1.0 • more than 30 seconds up to 40 seconds: -1.5 Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: -2.5 per program b) Program time violation up to every 5 seconds lacking or in excess -0.5 c) Part of the costume/decoration falls on the ice -0.5 d) Costume/prop violation -0.5 e) Late start -0.5 f) Falls* • per fall outside elements (one Skater only) -0.5 • per fall outside elements (both Skaters) -1.0 • falls in elements will be called by the Technical Panel but with no deduction(s).
Skills Level	None required
Pair Elements	* Maximum 1 lift from Group 1 or 2 – minimum ½ rotation for the man, his lifting hand must be above his shoulder * Maximum 1 single throw jump – throw single Axel, double or triple jumps are NOT permitted * Maximum 1 solo single jump – Axel type jumps, doubles or triples are not permitted
Spin Elements	* Maximum 1 pair spin – change of position allowed, change of foot not permitted * Maximum 1 pivot figure – at least one revolution in pivot figure by the man is required, woman's position optional
Sequence Element	*1 Choreographic sequence – including 2 free skating movements Fixed base value – evaluated by the Judges in the GOE only.
Not permitted	*In Lifts – variations of Woman's position, no-handed or one-handed lifts, combination lifts - Group 3, 4 or 5 lifts - Twist lifts

SECTION: ADULT SILVER PAIR SKATING

Age requirement	Have reached the age of 28 on 1st July
Music Length	2mins 30secs +/- 10secs
Maximum Levels	1
Factor Prog Comp	2.0
Program Deductions	a) Interruption For every Interruption of: • more than 10 seconds up to 20 seconds: -0.5 • more than 20 seconds up to 30 seconds: -1.0 • more than 30 seconds up to 40 seconds: -1.5 Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: -2.5 per program b) Program time violation up to every 5 seconds lacking or in excess -0.5 c) Part of the costume/decoration falls on the ice -0.5 d) Costume/prop violation -0.5 e) Late start -0.5 f) Falls* • per fall outside elements (one Skater only) -0.5 • per fall outside elements (both Skaters) -1.0 • falls in elements will be called by the Technical Panel but with no deduction(s).
Skills Level	Minimum Skills 1, Maximum Skills 2
Pair Elements	* Maximum 1 lift from Group 1 or 2 – minimum ½ rotation for the man, his lifting hand must be above his shoulder * Maximum 1 single throw jump – throw single Axel, double or triple jumps are NOT permitted * Maximum 1 solo single jump – Axel type jumps, doubles or triples are not permitted * Maximum 1 jump combination with maximum 2 listed single jumps - Axel type jumps, doubles or triples are not permitted
Spin Elements	* Maximum 1 pair spin – change of position allowed, change of foot not permitted * Maximum 1 pivot figure – at least one revolution in pivot figure by the man is required, woman's position optional
Sequence Element	*1 Choreographic sequence – including 2 free skating movements Fixed base value – evaluated by the Judges in the GOE only.
Not permitted	*In Lifts – variations of Woman's position, no-handed or one-handed lifts, combination lifts - Group 3, 4 or 5 lifts - Twist lifts

SECTION: ADULT INTERMEDIATE (GOLD) PAIR SKATING

Age requirement	Have reached the age of 28 on 1st July
Music Length	2mins 40secs +/- 10 secs
Maximum Levels	2
Factor Prog Comp	2.67
Program Deductions	a) Interruption For every Interruption of: • more than 10 seconds up to 20 seconds: -0.5 • more than 20 seconds up to 30 seconds: -1.0 • more than 30 seconds up to 40 seconds: -1.5 Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: -2.5 per program b) Program time violation up to every 5 seconds lacking or in excess -0.5 c) Part of the costume/decoration falls on the ice -0.5 d) Costume/prop violation -0.5 e) Late start -0.5 f) Falls per skater - 1.0
Skills Level	Minimum Skills 2, Maximum Skills 3
Pair Elements	* Maximum 2 lifts from Group 1 or 2 – minimum ½ rotation for the man, 1 revolution for the woman, his lifting hand must be above his shoulder - both lifts may be from the same group if the take off and/or hold is different * Maximum 1 single throw jump (including single Axel) - double or triple jumps are NOT permitted * Maximum 1 solo single jump (including single Axel) - doubles or triples are NOT permitted * Maximum 1 jump combination with maximum 3 listed single jumps, or 1 jump sequence (including single Axel) - doubles or triples are NOT permitted
Spin Elements	* Maximum 1 spin – either pair spin or pair combination spin – minimum 4 revolutions for a pair spin, and 6 revolutions (3 on each foot) for pair combination spin * Maximum 1 pivot figure or 1 death spiral – at least one revolution in pivot figure and ¾ revolution in death spiral by the man is required, woman's position optional
Sequence Element	*1 Step sequence – must include 2 clean turns for base level to be called
Not permitted	*In Lifts – variations of Woman's position, no-handed or one-handed lifts, combination lifts - Group 3, 4 or 5 lifts - Twist lifts

SECTION: ADULT MASTERS PAIR SKATING

Age requirement	Have reached the age of 28 on 1st July
Music Length	3mins 30secs +/- 10 secs
Maximum Levels	4
Factor Prog Comp	2.67
Program Deductions	a) Interruption For every Interruption of: • more than 10 seconds up to 20 seconds: -0.5 • more than 20 seconds up to 30 seconds: -1.0 • more than 30 seconds up to 40 seconds: -1.5 Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: -2.5 per program b) Program time violation up to every 5 seconds lacking or in excess -0.5 c) Part of the costume/decoration falls on the ice -0.5 d) Costume/prop violation -0.5 e) Late start -0.5 f) Falls per skater - 1.0
Skills Level	Minimum Skills 2, no Maximum
Pair Elements	* Maximum 3 lifts one of which can be a twist lift – group 1 or 2 Man's lifting hand must be above his shoulder, 3, 4 or 5 full extension is mandatory - 2 or more lifts may be from the same group if the take off and/or hold is different * Maximum 2 throw jumps – single or double * Maximum 1 solo jump – single or double * Maximum 1 jump combination with maximum 3 listed jumps, or 1 jump sequence – singles or doubles
Spin Elements	* Maximum 1 pair spin – either pair spin or pair combination spin – minimum 4 revolutions for a pair spin, and 6 revolutions (3 on each foot) for pair combination spin - pair combination spin must have 1 change of foot AND 1 change of position - Flying entry by 1 or both partners is permitted and counted for features * Maximum 1 solo spin – minimum 5 revs for flying spin or spin in one position, minimum 8 revs (4+4) for spin with change of foot * Maximum 1 pivot figure or 1 death spiral – at least one revolution in pivot figure and $\frac{3}{4}$ revolution in death spiral by the man is required, woman's position optional
Sequence Element	*1 Step sequence – must include 2 clean turns for base level to be called

SAFSA SECTION REQUIREMENTS ADULT SYNCHRONISED SKATING

SEASON: 2026-2027

SYNCHRONISED SKATING GENERAL INFORMATION

1.1 The teams may include Women and Men

1.2 The sections consist of a Free Program only

1.3 The following elements are illegal in all divisions:

- a) Back Spirals through the axis of intersection
- b) Split jumps through the axis of intersection
- c) Unassisted solo backflips
- d) Illegal lifts (anything not defined or permitted)

1.4 Deductions for Interruptions:

- 10-20 secs – 0.5
- 20-30 secs – 1.0
- 30-40 secs – 1.5
- more than 40 secs - 2.0
- 3 mins – 2.5
- Adverse conditions prior to the program - 2.5

1.5 A required feature in the Well-Balanced Programme must be attempted to satisfy the criteria.

SECTION: ADULT INTRODUCTORY SYNCHRONISED SKATING

Age requirement	Minimum 28
Team Composition	08 – 20 Athletes (Max 4 Reserves)
Music Length (FP)	Minimum – 2.20 / Maximum – 2.40
Maximum Levels	Level 2
Factor Prog Comp	2.67
Program Deductions	0.5 per fall / per skater
Skills Level	None
Elements 4 Elements	Intersection Element – PI not permitted Linear Element Block Element
Choice Element	Choice of either Rotating Circle or Wheel (max level 2)
Illegal Elements	All Lifts / Vaults / Gymnastic type elements (Cartwheels, Somersaults, Headstands, Handstands)

SECTION: ADULT TEAM SYNCHRONISED SKATING

Age requirement	Minimum 28
Team Composition	12 – 16 Athletes (Max 4 Reserves)
Music Length (FP)	Minimum – 2.50 / Maximum – 3.10
Maximum Levels	Level 4
Factor Prog Comp	1.67
Program Deductions	0.5 per fall / per skater
Skills Level	Level 1
Elements 5 Elements	Intersection Element – Pi to be called if attempted Pivoting Element - Block Travelling Element Creative Dance Element - Must use the short axis. Begins at the barrier and ends at the opposite barrier. Choice of: - Mixed Element - Artistic Circle - Artistic Line - Artistic Wheel
Illegal Elements	All Lifts / Vaults / Gymnastic type movements (Cartwheels, Somersaults, Headstands, Handstands)

SECTION: ADULT MASTERS SYNCHRONISED SKATING

Age requirement	Minimum 28
Team Composition	12 – 16 Athletes (Max 4 Reserves)
Music Length (FP)	Minimum – 2.50 / Maximum – 3.10
Maximum Levels	Level 4
Factor Prog Comp	2.0
Program Deductions	1.0 per fall / per skater
Skills Level	Level 2
Elements 6 Elements	Intersection Element – Pi to be called if attempted Pivoting Element - Block Travelling Element Creative Dance Element - Must use the short axis. Begins at the barrier and ends at the opposite barrier. No Hold Element – must be 1 closed block - Features and Additional features (StSq) will be called if included Choice of: - Mixed Element - Artistic Circle - Artistic Line - Artistic Wheel
Illegal Elements	All Lifts / Gymnastic type movements (Cartwheels, Somersaults, Headstands, Handstands)
Permitted Elements	Vaults and Un-sustained lifts

